

BREAKFAST

SERVED 7:00AM-4:00PM MONDAY TO FRIDAY

STARTERS

KELLOGG'S CEREAL (VEG) \$8

SINGLE SERVE BOXES, WHOLE MILK, ALMOND OR SOY MILK
CHOICE OF FROOT LOOPS | FROSTED FLAKES | CORN POPS
RICE KRISPIES | SPECIAL K | CORN FLAKES | ALL BRAN

DOUGHNUTS (VEG) \$10

INSPIRED BY TIMBITS

FROOT LOOP, CORN POP AND FROSTED FLAKE CRUSTED DOUGHNUT HOLES, VANILLA GLAZE

YOGURT PARFAIT (VEG) \$14

GREEK YOGURT, MAPLE GRANOLA, SEASONAL PRESERVES, LOCAL HONEY AND MINT

SEASONAL FRUIT BOWL (VEG | GF) \$12

BERRIES, COMPRESSED FRUITS, MINT, VANILLA BEAN CHIA SEED DIP

INTERNATIONAL CLASSICS

HUEVOS RANCHEROS (VEG) \$24

TWO SUNNY SIDE UP EGGS, CORN TORTILLAS, REFRIED BEANS, RANCHERO
SAUCE, AVOCADO, GREEN ONION SOUR CREAM, CHEDDAR QUESO

FRENCH TOAST SOUFFLE (VEG) \$20

CUSTARD-SOAKED BRIOCHE, BLACKBERRY JAM, LEMON CRÈME FRAICHE WHIPPED CREAM

FLAMENCO EGGS \$22

TWO EGGS COOKED IN SPANISH ROASTED TOMATO SAUCE,
CHORIZO, KALE, GRILLED FOCACCIA

SEASONAL FRUIT BOWL (VEG | GF) \$12

BERRIES, COMPRESSED FRUITS, MINT, VANILLA BEAN CHIA SEED DIP

SIGNATURES

SESSIONS SLAM \$22

TWO EGGS, HOME FRIES, ROASTED TOMATO, HOME FRIES, THICK CUT TOAST,
CHOICE OF SMOKED BACON, BREAKFAST SAUSAGE, PEAMEAL BACON OR BACK BACON

SESSIONS SLAM ADD-ONS:

EXTRA EGG \$4 | PEA MEAL BACON \$6 | BACK BACON \$6
BREAKFAST SAUSAGE \$6 | BUTTERMILK PANCAKE \$5

PLANT BREAKFAST (V | VEG) \$20

SOFT TOFU SCRAMBLE, RICE PAPER BACON, ROASTED TOMATO,
AVOCADO, HOME FRIES, THICK CUT WHOLE WHEAT TOAST

BREAKFAST POUTINE \$20

TWO FRIED EGGS, CRISP RUSSET FRIES, CHEESE CURDS,
SMOKED BACON, HOLLANDAISE AND POUTINE JUS

EGGS BENEDICT

POACHED EGGS, TOASTED BRIOCHE, HOLLANDAISE, HOME FRIES

SMOKED MEAT \$24

SMOKED SALMON \$26

PEAMEAL BACON \$24

BACK BACON \$24

ROASTED WILD MUSHROOMS (VEG) \$20

SMOKED MEAT HASH (GF) \$22

TWO POACHED EGGS, MONTREAL SMOKED MEAT, HOME FRIES,
CARAMELIZED ONIONS, PEPERNOTTA, HOLLANDAISE

WESTERN OMELET \$20

ROASTED PEPPERS, ONIONS, CANADIAN BACON,
WHITE CHEDDAR SERVED WITH HOME FRIES AND THICK CUT TOAST

BUTTERMILK PANCAKES \$20

MAPLE SYRUP, HICKORY BACON, CREAMERY BUTTER

SIDES

EXTRA MEAT (GF) \$8

PEAMEAL BACON, CANADIAN BACON, SMOKED MEAT, HICKORY BACON

HOME FRIES (V | VEG | GF) \$6

CRISP YUKON GOLD HOME FRIES, ROASTED ONIONS

MAPLE BREAKFAST SAUSAGE (GF) \$8

PORK, GARLIC, ROSEMARY AND BLACK PEPPER

COFFEE & TEA

COFFEE \$5

DECAF \$5

CAPPUCCINO \$7

LATTE \$7

ESPRESSO \$6

DOUBLE ESPRESSO \$10

AMERICANO \$7

TEA \$6

SMALL POT OF COFFEE \$10

LARGE POT OF COFFEE \$16

FRESH PRESSED JUICE

ANTIOXIDANT (VEG | GF) \$12

BLUEBERRY, ORANGE, BANANA, YOGURT

GREENS (V | VEG | GF) \$12

GREEN APPLE, KALE, SPINACH, CUCUMBER

(v) vegan | (veg) vegetarian | (gf) gluten free

for parties of 6 or more, there will be a large party gratuity of 20% added to the bill

ALL DAY MENU

SERVED FROM 11:00AM-9:00PM DAILY

STARTERS

PEROGIES \$17

CANADIAN CHEDDAR AND YUKON GOLD POTATO, BISON SHORT
RIB JUS, CHEDDAR SAUCE, GREEN ONION SOUR CREAM

HOT CRAB DIP \$20

WEST COAST CRAB, WHITE CHEDDAR, ASPARAGUS, REMOULADE, SESSIONS GARLIC BREAD

SPICY SALMON TARTARE \$24

BBQ SALMON, SMOKED SALMON, SALMON CRUDO,
SWEET PEAS, CUCUMBER, MAPLE CHILI AIOLI

FRIED MOZZARELLA \$19

PEPPERONI, POBLANOS, HICKORY BACON, CREMINI MUSHROOMS, MARINARA SAUCE

FISH & CHIPS \$20

SALTINE CRUSTED EAST COAST COD, TARTAR SAUCE,
DILL PICKLES, HOUSE MADE CRISPS

ONION RINGS \$14

BATTERED ONION RINGS WITH CANADIAN GRAINS, BUTTERMILK RANCH

CHARCUTERIE & VEGGIES \$22

SEASONAL ROOT VEGETABLES, DILL PICKLES, PICKLED ONIONS, HARD COOKED EGGS,
COLD SMOKED SALMON, CANADIAN BACK BACON, SWEET POTATO DIP, SALTINES AND ROLLS

MAKE IT JUST VEGGIES (VEG) | ADD CANADIAN CHEESE

2oz | \$7 4oz | \$14

LOBSTER CORN DOG \$26

EAST COAST LOBSTER, CORN BATTER

SALADS

CAESAR SALAD (VEG) \$20

ROMAINE, HICKORY BACON, HARD COOKED EGG,
HOUSE DRESSING, PARMESAN, GARLIC TOAST

GREEN WEDGE (V | VEG | GF) \$20

ICEBERG LETTUCE, TOMATO, CUCUMBER, BBQ CHICKPEAS, PICKLED
SHALLOTS, PUFFED CANADIAN GRAINS, BUTTERMILK RANCH

BBQ SALMON (GF) \$26

HOT SMOKED MAPLE SALMON, ROASTED SWEET POTATO, PEAS,
TENDRILS AND LETTUCES, GREEN GODDESS YOGURT

SALAD ADDITIONS:

CLAMATO POACHED SHRIMP \$12 | HOUSE SMOKED SALMON \$12 | SPECIAL K COATED TOFU \$8

BURGERS & SANDWICHES

SERVED WITH HOUSE RUSSET FRIES AND SESSIONS COLESLAW

ALL-CANADIAN BURGER \$26

CHAR GRILLED BEEF CHUCK PATTY, FULLY DRESSED, HICKORY BACON,
THICK CUT CHEDDAR, THOUSAND ISLANDS AIOLI, TOASTED SESAME BRIOCHE

BURGER ADDITIONS:

EXTRA PATTY \$6 | SMOKED MEAT \$6 | PEA MEAL BACON \$6 | BACK BACON \$6
FRIED FARM EGG \$4 | CANADIAN BACK BACON \$8

BLACKENED MUSHROOM BURGER (V | VEG) \$24

SESSIONS COLESLAW, SWEET POTATO HUMMUS, AVOCADO, TOASTED SESAME BRIOCHE

CORNFLAKE FRIED CHICKEN \$28

SESSIONS COLESLAW, MAPLE CHILI MAYO, DILL PICKLES, TOASTED BRIOCHE

**MAKE IT SPICY: ADD NASHVILLE SPICE*

SMOKED MEAT SANDWICH \$30

HOUSE SMOKED MONTREAL BRISKET, DELI MUSTARD, CARAMELIZED ONIONS, TOASTED BRIOCHE

FRENCH DIP \$28

SLOW ROASTED BEEF, BRAISED SHORT RIBS, CARAMELIZED ONIONS,
AGED WHITE CHEDDAR, BAGUETTE, BEEF DIPPING JUS

(519) SIGNATURES

EVERYTHING CRUSTED SALMON (GF) \$30

ATLANTIC SALMON, BUTTERED LEEK MASH, HONEY MUSTARD AND DILL SAUCE

QUARTER ROASTED CHICKEN \$38

MTL CHICKEN SPICES, CRISP RUSSET FRIES, SESSIONS COLESLAW, CHALET CHICKEN JUS

CANADIAN STEAK FRITES (GF) \$47

8OZ CHAR GRILLED FLAT IRON, MTL STEAK SPICE,
CRISP RUSSET FRIES, POUTINE JUS, CHEDDAR SAUCE

SMOKED BBQ PORK CHOP (GF) \$40

CANADIAN CLUB BBQ, CHARRED BROCCOLI, SWEET POTATO

HR MACARONI AND CHEESE (VEG) \$24

CAVATAPPI PASTA, CANADIAN CHEDDAR, CHEESE CURDS,
SALTED CORNFLAKE CRUNCH, GARLIC BREAD

MACARONI ADDITIONS:

HICKORY BACON \$6 | SMOKED MEAT \$6 | MTL GRILLED CHICKEN \$10

POUTINES

SESSIONS CLASSIC POUTINE \$20

CRISP RUSSET FRIES, CHEESE CURDS, POUTINE JUS

SMOKED MEAT POUTINE \$24

HOUSE SMOKED MONTREAL STYLE BRISKET, CRISP RUSSET
FRIES, CHEESE CURDS, POUTINE JUS

CHEESEBURGER POUTINE \$24

CRISP RUSSET FRIES, BEEF SHORT RIB AND BRISKET PATTY,
TOMATO, DILL PICKLE, CHEDDAR, POUTINE JUS

SIDES

SESSIONS COLESLAW (VEG | GF) \$7

CABBAGE CARROT, GREEN APPLE, HONEY AND MUSTARD DRESSING

CHEESE FRIES (VEG | GF) \$9

CRISP RUSSET FRIES, CANADIAN CHEDDAR SAUCE

CHARRED BROCCOLI (VEG | GF) \$8

BUTTERMILK RANCH, SALTED CORNFLAKES

ALL DRESSED POTATO SALAD (GF) \$10

CHEDDAR, HICKORY BACON, BBQ SAUCE

KIDS MENU

KIDS BREAKFAST

SERVED UNTIL 4PM DAILY

KELLOGG'S CEREAL (VEG) \$6

SINGLE SERVE BOXES, WHOLE MILK, ALMOND OR SOY MILK
CHOICE OF FROOT LOOPS, FROSTED FLAKES, CORN POPS,
RICE KRISPIES, SPECIAL K, CORN FLAKES, ALL BRAN

DOUGHNUTS (VEG) \$10

INSPIRED BY TIMBITS

FROOT LOOPS, CORN POP AND FROSTED FLAKE CRUSTED
DOUGHNUT HOLES, VANILLA GLAZE

SEASONAL FRUITS (V | VEG | GF) \$9

BERRIES, COMPRESSED FRUITS, MINT, VANILLA BEAN CHIA SEED DIP

FRENCH TOAST SOUFFLE (VEG) \$9

CUSTARD-SOAKED BRIOCHE, STRAWBERRY JAM, WHIPPED CREAM

TATER TOT POUTINE \$9

CRISP TATER TOTS, SCRAMBLED EGGS, CHEESE CURDS, POUTINE JUS

CHOCOLATE CHIP PANCAKES (VEG) \$9

MAPLE SYRUP, VANILLA WHIPPED CREAM

24/7 MENU

PLEASE CONTACT FRONT DESK TO ORDER IF YOU ARE
ORDERING BETWEEN THE HOURS OF 9:00PM-7:00AM

KELLOGGS CEREAL \$6

SINGLE SERVE BOXES, WHOLE MILK, ALMOND, SOY

CHOICE OF:

FROOT LOOPS, FROSTED FLAKES, CORN POPS,
RICE KRISPIES, SPECIAL K, CORN FLAKES, ALL BRAN

TORRESS SPANISH POTATO CHIP \$7

BLACK TRUFFLE OR SMOKED PAPRIKA SERVED WITH BUTTERMILK CREMA

DELI PLATE \$20

SEASONAL VEGETABLES, DILL PICKLES, PICKLED ONIONS, HARD COOKED EGGS, COLD
SMOKED SALMON, CANADIAN BACK BACON, SWEET POTATO HUMMUS, CRISPS AND SALTINES

CAESAR SALAD \$18

ROMAINE, HICKORY BACON, HARD COOKED EGG, HOUSE
DRESSING, PARMESAN, GARLIC TOAST CROUTONS

ADD MTL CHICKEN \$10 / CLAMATO POACHED SHRIMP \$12

BBQ SALMON \$24

HOT SMOKED MAPLE SALMON, ROASTED SWEET POTATO,
PEAS, TENDRILS AND LETTUCES, GREEN GODDESS YOGURT

COLD FRIED CHICKEN SANDWICH \$24

MAYONNAISE, SHREDDED ICEBERG, DILL PICKLES, ICEBOX BREAD SERVED WITH COLESLAW

VEGETABLE SANDWICH (VEG) \$20

HVOCADO, CUCUMBER, TOMATO, ICEBERG LETTUCE, SWEET POTATO HUMMUS, MAPLE
CHILI AIOLI, EVERYTHING BAGEL SPICE, VEGAN BRIOCHE BUN SERVED WITH COLESLAW

RICE KRISPIE SQUARE \$6

HOUSE MADE MARSHMALLOW, BROWN BUTTER, SEA SALT, DARK CHOCOLATE

SWEET PLATE \$12

BUTTER TART, SEA SALT AND BROWN BUTTER RICE KRISPIE SQUARE,
CORNFLAKE CHOCOLATE CHIP COOKIE

KIDS LUNCH & DINNER

SERVED DAILY FROM 11:00AM-9:00PM

I DON'T KNOW \$7

(CAESAR SALAD)

ROMAINE, HICKORY BACON, HARD COOKED EGG, HOUSE DRESSING,
CANADIAN PARMESAN, GARLIC TOAST CROUTONS

I'M NOT HUNGRY \$12

(MACARONI AND CHEESE)

CAVATAPPI PASTA, CANADIAN CHEDDAR, CHEESE CURDS,
SALTED CORNFLAKE CRUNCH, SESSIONS GARLIC BREAD

MOMMMMM!!!! \$12

(TATER TOT POUTINE)

CRISP TATER TOTS, CHEESE CURDS, POUTINE JUS

I DON'T CARE \$12

(CHEESEBURGER)

BEEF PATTY, CHEDDAR, LETTUCE, TOMATO, KETCHUP, TOASTED
SESAME BRIOCHE, SERVED WITH HOUSE MADE FRIES

I JUST WANT CHICKEN FINGERS \$12

(CHICKEN FINGERS)

CHICKEN TENDERS, FRIES, SWEET & SOUR SAUCE

I DON'T WANT THAT \$5

(BROCCOLI)

CHEDDAR CHEESE SAUCE

